

# Hawaii Marine Lifestyles

# More than one way to kick butt



Kristen Wong | Hawaii Marine

**Kristen Wong**  
*Photojournalist*

**KANEOHE** — The students of Windward Shotokan Karate International Foundation practice kihon kumite at Kaneohe Elementary School, Tuesday.

Martial arts of many different varieties are widely practiced throughout the world. To thoroughly describe each and every style, technique and historical origin would be a challenge. There are countless schools and instructors available on and off base for martial arts disciplines such as kung fu, aikido, karate and jiu jitsu.

Aboard Marine Corps Base Hawaii, eligible patrons can register for adult taekwondo classes at the Semper Fit Center, taught by Gunnery Sgt. Andrell Durden, reserve liaison chief, U.S. Marine Corps Forces, Pacific.

On Sunday, Durden's students, Hawaii-based Marines, soldiers and dependents earned a total of 10 medals at their very first martial arts competition, the 30th annual Aloha State Traditional Karate Championships at Radford High School in Honolulu.

"As their instructor, I was proud to see them on the big stage perform on their own with no assistance," Durden said. "I was also proud to see them apply the techniques shown to them. I am a firm believer that this tournament will propel them to another level in their martial arts endeavors."

Also aboard the base, children ages 5-17 in the Child, Youth and Teen Program can take goju-ryu karate at the Youth Activities Center.

Karate originated in Okinawa, and means "empty hand." This style of fighting requires no weapons. Karate is divided into different styles, including goju-ryu, shotokan, wado ryu and shito ryu.

Dean Nakamoto is the goju-ryu instructor for the children. Nakamoto, a second degree black belt, has been a student with United Goju-Kan since 1983, and teaching goju-ryu with Youth Activities on base since 1996.

Nakamoto said there are various benefits to practicing goju-ryu, including learning discipline and gaining self-confidence.

"The lessons learned should be of honor, humility, courage, and pride," Nakamoto said. "It is very important to develop strong blocks, punches, and kicks, but it's every more important to develop patients and compassion. In goju-ryu we strive to equally develop the mind, body and the fighting spirit for a well balanced individual."

Kali, a form of fighting from the Philippines, is more commonly known in Hawaii as escrima. Kali involves the use of weapons such as knives or sticks. There are several schools on Oahu which teach escrima, including the Pedoy School of Escrima, located in Waipahu and open since 1961.

Brandon Bosworth is an instructor certified in Burton Richardson's Battlefield Kali Program. Bosworth said the Filipino martial arts such as kali can be beneficial to an individual's coordination and reaction time and in other areas. Because fights with weapons can occur on the streets, kali teaches its students how to handle armed assailants. Something as simple as a car antenna has been used in fights.

"Women often enjoy kali-escrima because strength and size aren't as much of an advantage," Bosworth said. "A quick, smart woman can make mincemeat of a big, slow man in stick or knife sparring."

Another style budding fighters may want to try is capoeira, a martial art practiced in Brazil with possible African origins, is also offered on Oahu. This style of fighting is dance-like, and makes use of striking, grappling and more, according to "Martial Arts of the World: An Encyclopedia," edited by Thomas A. Green.

Sam Mench, a lifeguard supervisor with Marine Corps Community Services, takes capoeira. He said he likes the way that capoeira incorporates "many different components" from gymnastics to martial arts to even learning how to play musical instruments. Capoeira, Mench said, also helps with flexibility, strength and balance.

"It keeps you in really good shape," Mench said. "Capoeira is a very well rounded workout."

For more information, websites and phone numbers of martial arts instructors on Oahu, visit <http://www.onzuka.com/oahu.html>. For details about goju-ryu classes on base, call Youth Activities at 257-2030.

For more information about taekwondo classes at Semper Fit, call 254-7597 or visit <http://www.ata-hawaii.com/> to see our schedule.



Courtesy of Gunnery Sgt. Andrell Durden

**HONOLULU** — Lance Cpl. Anthony Momphard, a Hawaii-based Marine, competes in the 30th annual Aloha State Traditional Karate Championships at Radford High School in Honolulu, Sunday.



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**HONOLULU** — Samuel Mench, lifeguard supervisor, Marine Corps Community Services, does a flip during a capoeira demonstration at ARTafterDARK on Feb. 25, 2011.

PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.


- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.


- 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.


- 4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews.

Better Know A Critic



AMERICAN HORSE

**Cpl. Vanessa M. American Horse** can't stand to watch corny comedy shows. Murder mysteries incite a violent rage in her, so she tends not to watch them. The local news or documentaries are her favorite, but she's been known to dabble in reality TV.



COTTON

**Sgt. D.R. Cotton** was forced to watch a compendium of old movies by his mother growing up against his will. After a brief rebellion to art-house flicks, he began reviewing movies by their intent and how well they accomplish it. Movies have to have a purpose and if they contradict themselves or are lazily slapped together then they aren't good movies. If they don't do that and still stink, they have bad intent.

‘Boo Boo’ numbs senses, scars hearts

**Cpl. Vanessa American Horse**  
*Combat Correspondent*

I think it’s gutsy for people to consider letting strangers film your life, thank goodness for reality TV accidentally filling in that void before I fall asleep. Recently, The Learning Channel released a show that captivated my attention because I was so embarrassed for the people I was watching. “Here Comes Honey Boo Boo” is a show that highlights the spunky personality of 6 year-old Alana “Honey Boo Boo” Thompson and her obese family.

As a spinoff of “Toddlers and Tiaras,” this spectacle glorifies child pageantry and the pursuit of trophies to adorn in the family’s rundown house in Georgia. Unfortunately, the show will make it harder for the beauty queen to win pageants because if I was a judge and saw the show, it might be impossible to imagine the little lady not belching, farting, rubbing her belly obscenely or telling people to “redneck-ognize.”

What drew me to the show was the exploitation of southern stereotypes. I can’t help but feel guilty for laughing at the Thompson family, but I’m also from the south and I know people don’t really act



like disgusting fools all the time. Needless to say, when the cameras are rolling the family is a circus and I’m sure they are laughing along with their viewers all the way to the bank.

If you have trouble with southern accents, a highlight of the show is they’ve subtitled most of the family’s dialogue so that you can understand their gibberish. You’ll also learn how to wash your hair in the sink, how to lose weight by passing gas, and how to make “Go Go Juice.”

June Thompson, Alana’s mom, is the one to blame for selling out her children, since her husband,

nicknamed Sugar Bear, lazily steers clear of the madness.

June gives Alana energy drinks, curses in front of everyone, and sets an overall bad example with her sketchy hygiene and obesity. She obviously doesn’t realize her kids will have to take this experience to the grave and with four young daughters, the psychological damage could be epic.

Luckily, you don’t have to worry about that and since the videotaping has already been done, there’s no reason why you shouldn’t indulge yourself in this redneck train wreck.

I don’t think everyone can stomach a full episode of the debacle, I know

personally from trying to stay tuned to “Toddlers and Tiaras” and failing, but if you make it through, consider yourself lucky that you didn’t waste your time trying to keep up with the Kardashians. Hopefully you’ll be oddly obsessed with it as much as I am.



‘Bourne’ to keep you guessing

**Sgt. D.R. Cotton**  
*Managing Editor*

The latest full-length feature film in the “Bourne” series lives up the reputation of previous ones and is better because, of course, there is no Matt Damon (“Team America”). “The Bourne Legacy” continues the legacy of believable spy-action that people have come to expect from the “Bourne” books and movies.

The movie begins with Aaron Cross (Jeremy Renner) making his way through the wilds of Alaska to a Central Intelligence Agency training site to meet up with another Operation Outcome operative. Meanwhile in Washington, D.C., things are heating up as those implicated in Operations Outcome, Treadstone, Blackbriar and many other super-secret-squirrel operations are trying to cover their rears, yet again. During this, as anyone watching the trailers would have noticed, everyone involved, but the top of the chain, has to get erased. Aaron Cross meets up with Dr. Marta Shearing (Rachel Weisz), who was involved in creating his super-spy self, and works to remedy his situation while being hunted by retired

Air Force Col. Eric Breyer (Ed Norton), as Breyer works against him and Jason Bourne.

The action in these films is excellent and the plot is easy to follow, but still keeps the audience on the edge of their seat with some twists and turns. The cinematography is good and Renner does a fantastic job playing the fine line between decent human being and killing machine. Norton, as always, plays an excellent bad guy and makes the movie worth watching in its own right. By far, my favorite two things about this film and the “Bourne” franchise is its believability and its moral and ethical intrigue. The technology in the film seems realistic, and the struggle between the simple decency of the protagonists against the complicated and self-justified cruelty of the antagonists leave a pause for reflection.

But not everything about the film is great. There is a lull in the middle of the film where we are wondering

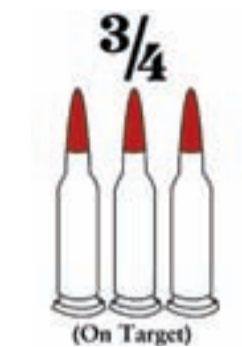



how our heroes are going to thwart the villains. For a moment we are meant to believe that this story is about Aaron Cross being nothing more than a justified drug addict like in “Limitless.” Fortunately it isn’t quite down to that level, but the plot does settle for a less than miraculous goal for Cross. Whether they are trying to leave room for a fifth installment of the franchise, only time will tell, but if you like closure in your films, don’t bother with this one. It has a very weak ending, that isn’t really much of a cliffhanger.

This film could have easily been a two-bullet film, but I am going to give it the benefit of the doubt. This film is more like one of Aesop’s fables, but instead about corrupt U.S. defense bureaucracy.

In this way, the ending can be taken as a clever metaphor for the moral behavior against it, but

this may have been just a coincidence. Either way, this film is entertaining and a worthwhile watch.





**Prices:** All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.



- “Amazing Spider Man” PG-13 Today | 6:30 p.m.
- “Rock of Ages” PG-13 Today | 9:45 p.m.
- “Brave” PG Saturday | 7:15 p.m.
- “Abraham Lincoln: Vampire Hunter ” R Saturday | 9:45 p.m.
- “Amazing Spider Man” PG-13 Sunday | 2 p.m.
- “Ted” R Sunday | 6:30 p.m.
- “Abraham Lincoln: Vampire Hunter ” R Wednesday | 6:30 p.m.

# ‘CHEERY SMILE, HELPING HAND’

Boy Scouts and Cub Scouts help paint benches on Saturday at the Armed Services YMCA. Cub Scout Pack 225 and Boy Scout Troop 425 conducted a community service project for the ASYMCA, Saturday. The playground benches were infested with wood bees and overgrown weeds. The scouts and parents mowed the playground and weeded around the playground area. They replaced the benches with new wood and painted them in a colorful way. “The area looks great, is much safer, and inviting to the children using it,” said Chief Warrant Officer 3 Tony Bieren, cubmaster, Pack 225.



Courtesy of Chief Warrant Officer 3 Tony Bieren

## How military families can find pet-friendly rentals

**Navy Lt. Theresa Donnelly**  
*U.S. Pacific Command Public Affairs*

As our military family prepares to PCS in June to San Diego after almost seven years of Hawaii duty, we’re dealing with what many military families endure – how to find a rental that allows our big, goofy well-behaved Boxer dogs.

Our society loves pets, with the majority of Americans owning companion animals. According to the American Pet Products Association, 62 percent of all households have pets, but owners struggle to find affordable and safe rental properties. The National Council on Pet Population and Research found that moving was the most common reason owners gave up their dogs, and the third most common reason they gave up their cats.

Some of the hardships faced by families with animals are restrictive pet policies, which occur in privatized military housing, off-base rentals and city and state governments. These policies also ban some pet owners from obtaining insurance coverage when purchasing a home. While it’s unfortunate that irresponsible pet owners have caused property owners, rental companies and even city and state governments from giving excellent pet owners a chance, thankfully there are resources to help military families overcome this difficult challenge.

If you’re not ready to buy a home, but determined to find a rental and not leave a forever family member behind, here are some tips to help ensure all members of the family can stay under one roof.

A great place to start is by checking with other military families and find out what’s worked for them.

As soon as you know the location of your next duty station, start looking online. A great resource is the Automatic Housing Referral Network. The website is sponsored by the Department of Defense and is designed to assist military members and their families in locating available housing at their duty station.

This free service lists off-base rentals, privatized military housing, temporary lodging, military-shared rentals, and allows property owners to list their homes for rental. On the listing, there is a pawprint next to each rental and information on banned breeds as well as weight, size and numeric limits. The site is easy to navigate and has a Facebook page. A number of other online private housing referral services cater to military families, and you can use classified websites to see additional listings.

Contact your sponsor, the base family service center and a local animal shelter. Your sponsor may have a newcomer’s packet with housing information. Talk to families already living there and ask them for recommendations. See if local shelters have a housing pet program or other referral services.

Call properties that state “no pets” and find out why. Perhaps you can build a rapport with the property owner and better understand their negative experiences. Maybe your family can help them overcome the negative stereotypes caused by irresponsible pet owners.

Demonstrate to your landlord that you consider your pet a cherished, lifetime, indoor family member. Offer to bring your freshly groomed, well-behaved pet to an “interview” with the property owner and have letters of reference from previous landlords, neighbors, obedience instructors and your veterinarian attesting to the good behavior of your pet(s).

Have all veterinarian records handy and offer to sign a pet addendum making you personally liable for damage to property and injury to others.

After demonstrating what a responsible pet owner you are and your property owner agrees to rent to you, make sure you have in writing that you have permission to have pets. Read all the pet policies and make sure everyone in your family abides by them. This will prevent future heartache and misunderstanding.

Moving is rarely a smooth, stress-free process. But preparing early, putting aside savings and planning smartly will help alleviate some of the hassle and help ensure your furry family member arrives at your next duty station happy and healthy. Woof, woof!

# Child care pilot program offered at MCB Hawaii

**Kristen Wong**

*Photojournalist*

Finding childcare may become just a little bit easier with the newest initiative by the Department of Defense.

As of July, a new website, called Military Child and Youth First Program, provides an opportunity for service members and their families to find childcare whether checking in to a new location or still in the process of making a permanent change of station.

Currently, the pilot program is being tested at Nellis Air Force Base in Las Vegas and various military installations on Oahu, including Marine Corps Base Hawaii.

“This online waitlist does not take the place of the enrollment process, however, will allow parents an opportunity to submit childcare requests before moving on to their next duty location,” according to a base wide announcement made by the Child, Youth and Teen Program.

Through the program, families will create an account on the MCY First website, and enter necessary information about their needs, from children’s ages to how many hours of care is desired. The website contains a small paragraph and photos of the facility and children, showcasing the different types of childcare centers available on various bases.

With regard to MCB Hawaii, facilities like the Kupulau Child Development Center are posted on the website. But certified care providers working out of their home are also available on the site as well.

The website also contains frequently asked questions and contact information for families who may need assistance with the site.

For more information about using this program, visit <https://www.mcyfirst.com>. You can also contact the CYTP Resource and Referral Office at 257-7240/7430 or call the MCY First toll-free hotline at 1-855-696-2934.

*(Left)*, Nelson Martinez and his fellow teammates of Headquarters Battalion Team 1 engage in a tug-o-war battle with Marine Corps Air Station Kaneohe Bay at Riseley Field, Wednesday. *(Right)* Patrick Tyrrell helps fellow teammate Brian Bennett of Wounded Warrior Battalion West — Detachment Hawaii seat himself on a tricycle at Riseley Field, Wednesday. The competitors had to ride the tricycles between a series of cones while wearing goggles simulating the effects of excessive alcohol on vision. The 101 Days of Summer Field Meet also held a joust competition, horseshoes and sand volleyball.



# Summer time fun at the 101 Days of Summer Field Meet



Photos by Kristen Wong | Hawaii Marine